

**Action Disability Kensington and Chelsea  
(ADKC)**

Whitstable House  
Silchester Road,  
London W10 6SB

Tel: 020 8960 8888  
Voice: 020 8964 8066  
Fax: 020 8960 8282  
E-mail: [adkc@adkc.org.uk](mailto:adkc@adkc.org.uk)  
[www.adkc.org.uk/](http://www.adkc.org.uk/)

Monday to Friday: 9.30am – 5.00pm

Free membership for local disabled people.

To promote and enhance the quality of life of people with physical and/or sensory impairments who live or work in Kensington and Chelsea.

Services: Disability advice and information service, volunteer support independent living, leisure, learning projects.

Tube: Latimer Road (Hammersmith and City)  
Buses: 295 (Bramley Rd), 7, 23, 52, 70, 302  
(Ladbroke Grove)

Disabled access: fully accessible entrance and WC. There are reserved parking spaces for people with disabilities. Facilities: staff use sign language.

**Agewell**

Macbeth Centre  
Macbeth Street, King Street  
Hammersmith  
London  
W6 9JJ

Tel: 020 846 9090  
020 7736 1724

Contact: Angelo Cappeta  
E-mail: [angelo.cappeta@lbhf.co.uk](mailto:angelo.cappeta@lbhf.co.uk)  
[www.hfals.co.uk](http://www.hfals.co.uk)

Monday to Friday:  
10.00am – 4.00pm

Fees payable

Exercise for older people: keep fit, seated exercise, line dancing, exercise to music, stretch+tone, slimnastics, pilates, chi ball, tai chi lam style, yoga, badminton, table tennis, shortmat bowls, exercise for rehabilitation, watercolour painting, bridge, aquacise, country rambles, cycling.

**Al Hasaniya Moroccan Women's Project  
Older People's Project**

Bays 4 and 5,  
Trellick Tower,  
Golborne Road,  
London W10 5PL

Tel: 020 8969 2292  
Fax: 020 8964 8843  
E-mail: [contact@al-hasaniya.org.uk](mailto:contact@al-hasaniya.org.uk)  
[www.al-hasaniya.org.uk/](http://www.al-hasaniya.org.uk/)

Monday to Friday:  
9:30am - 5pm

Seeks to serve the health, welfare, education and training needs of Moroccan and Arabic speaking women and their families. The Centre aims at providing referral advice and information to enable clients to access mainstream services. Includes an over 50's group offering practical help and support, advice and counselling, social and cultural activities and a weekly luncheon club for women over 50, every Friday.

Tube: Westbourne Park or Ladbroke Grove  
(Hammersmith & City)  
Buses: 7, 18, 23, 36, 28, 31 & 328

### **Aquamotion**

Kensington Leisure Centre  
Walmer Road  
London W11 4PQ

Tel: 020 7727 9747

Fax: 020 7229 8380

E-mail: [membership@nuffieldhealth.com](mailto:membership@nuffieldhealth.com)

Monday 2.00pm – 3.00pm

£2 per session

Friday 3.00pm – 4.00pm

Tube: Latimer Road (Hammersmith & City)

Buses: 7, 23, 52, 70, 295

### **Bishop Creighton House**

Bishop Creighton House  
378 Lillie Road  
London SW6 7PH

Tel: 020 7385 9689

Fax: 020 7386 9149

E-mail: [info@creightonhouse.org](mailto:info@creightonhouse.org)  
[www.creightonhouse.org/](http://www.creightonhouse.org/)

Monday to Friday:

9.00am – 5.00pm (BCH staff available)

9.00am – 10.00pm every day (meeting rooms)

Friendly afternoon rubber bridge club (Thur 12noon - 4pm), art and craft classes, Friday social club and women's group.

Volunteer service aiming to ease the loneliness some older people might feel, providing a telephone befriending services, home visits, home safety check visits, support with walking outdoors and support after hospital.

Buses 74, 190, 211, 295

Hall on ground floor

### **Chelsea Gardens Guild**

12 Cheyne Gardens  
LONDON  
SW3 5QT

Tel: 020 7352 6077

Contact: Heather Morgan (Chairman)

E-mail: [heathermorgan21@hotmail.com](mailto:heathermorgan21@hotmail.com)

Fees payable

A local society for anyone who is interested in flowers and gardening - from pot plants to large gardens.

Services: Organises gardening competitions and lectures in Chelsea to promote the practise of good gardening in all aspects. Organises outings and annual garden party.

A typical annual programme consists of four lectures, an AGM in May, a summer outing and a garden party in July. Various competitions.

### **Cremorne Sheltered Clubrooms**

Tel: 020 7376 3406

Milman's Street

London

SW10 0BY

Monday to Friday: 9.30am – 5.00pm

Open for activities: 9.30am - 12.30pm and  
1.30pm - 4.30pm

Social group and activities for 50+ citizens. Daily run by residents and voluntary agencies. Please check for details.

Tube: South Kensington (Piccadilly, Circle, District), Sloane Square (Circle and District)  
Buses: 11, 22, 328

Facilities are all on ground level and there is a disabled toilet. Wheelchair access.

### **EPICS (Elderly Persons Integrated Care Service)**

Tel: 020 7598 4600

Fax: 020 7598 4653

**Westway Centre**

2-4 Malton Road

London

W10 5UP

E-mail: [epics@rbkc.gov.uk](mailto:epics@rbkc.gov.uk)

[www.rbkc.gov.uk](http://www.rbkc.gov.uk)

Monday – Sunday: 9.00am – 4.00pm  
(Except Bank Holidays)

Breakfast: 9.30am - 1.15pm

Lunch: 11.45am - 1.15pm

Wheelchair access

Membership required

The Westway Centre - EPICS provides a restaurant, day care, health services and social activities for people of 65 years or over who live in the Royal Borough. The aim is to enable older people to stay healthy, independent and living in their own homes. Other activities are also organised by the Westway Centre - EPICS Users' Group - please speak to a member of the Committee at the Centre.

Activities include:

Wednesday: Art group

Tuesday: History Group

Free internet is available via the computer room which is open daily. Appointments for health services should be made in person with the receptionist between 9.30am and 4.00pm Monday to Friday only.

The Restaurant and Coffee Bar are open to all on a drop-in basis. Registration is free but only open to people who live in the W10 and W11 areas of Kensington and Chelsea. As a registered user, you will receive a User Card which entitles you to a subsidised lunch. If you do not live in W10 or W11, you may use the Restaurant and Coffee Bar but you will pay a slightly higher price for meals.

Tube: Ladbroke Grove (Hammersmith & City)

Buses: 7, 15, 23, 52, 70, 302

### **EPICS: Wednesday Art Class**

Tel: 020 7598 4600

EPICS Centre  
2-4 Malton Road  
London W10 5UP

Wednesday: 2.00pm – 4.00pm

Materials are provided free but there is a charge of 50p for access to the EPICS Centre.

For mature students to draw and paint in an informal, friendly atmosphere.

### **Gloucester Court Reminiscence Group**

Tel: 020 8969 2672

Ormrod Court Community Rooms  
71-117 Kensington Park Road  
London W11 3BY

Contact: Maggie Tyler

Wednesday 2.00pm – 4.00pm

Informal weekly meetings where recollections of the past are contributed to projects on the area's history.

Tube: Ladbroke Grove (Hammersmith & City)

Buses: 7, 23, 52, 70

### **Grove Neighbourhood Centre**

7 Bradmore Park Road  
London W6 ODT

Tel: 020 8741 3321

E-mail: [gnc@groveneighbours.org.uk](mailto:gnc@groveneighbours.org.uk)  
[www.groveneighbours.org.uk/](http://www.groveneighbours.org.uk/)

Community Centre organising different activities around Hammersmith.  
Lots of different activities, a drop-in facility and a good neighbours' scheme funded by the community fund. Please call for details.  
There are two halls for hire. Charges are based on a sliding scale for charities and private functions.

9.30am - 4.30pm, Monday to Friday

Tube: Hammersmith (Hammersmith & City, District, Piccadilly), Ravenscourt Park (District)  
Buses: 27, 391, 190, 267, 266, H91

Wheelchair access, disabled toilet, lift.

### **Hammersmith and Fulham Irish Centre**

Blacks Road  
Hammersmith  
London W6 9DT

Tel: 020 8563 8232

Fax: 020 8563 8233

Outreach: 020 8741 0991

E-mail: [info@irishculturalcentre.co.uk](mailto:info@irishculturalcentre.co.uk)  
[www.irishculturalcentre.co.uk/](http://www.irishculturalcentre.co.uk/)

9.00am to 5.00pm, Monday to Friday

Irish community centre. The centre also provides an Irish Advice Centre and an extensive education programme. Also included: Irish Language classes, music and dancing classes, cultural studies, art exhibitions, Irish Library.

Tube: Hammersmith (Hammersmith & City, District, Piccadilly)  
Buses: 190, 211, 220, 295, 33, 72, 209, 283

Fully accessible

### **Healthy lifestyles (Over fifties keep fit)**

Chelsea Sports Centre  
Chelsea Manor Street  
London SW3 5PL

Tel: 020 7352 6985

Fax: 020 7351 5382

E-mail: [chelsea.membership@cannons.co.uk](mailto:chelsea.membership@cannons.co.uk)  
[www.courtneys.co.uk/](http://www.courtneys.co.uk/)

Tuesday: 12.00noon – 1.00pm  
Thursday: 10.30 - 12noon & 2.30 – 4.00pm  
Friday: 2pm - 3pm

Tuesday Aquamotion - exercise in the water  
Thursday morning - Fitness and conditioning circuit  
Thursday afternoon - Line dancing

Tube: Sloane Square (Circle & District), South  
Kensington (Piccadilly, Circle, District)  
Buses: 11, 22, 19, 319

### **HISTORYtalk**

Methodist Church Centre  
240 Lancaster Road  
London W11 4AH

Tel: 020 7792 2282  
Fax: 020 7792 4426  
Email: [info@historytalk.org](mailto:info@historytalk.org)  
[www.historytalk.org/](http://www.historytalk.org/)

Monday to Thursday: 10.00am - 4.30pm

Fees payable

A charity which undertakes reminiscence and intergenerational activities in the Borough and also produces a range of local history and oral history publications. The organisation runs community history classes and projects based on the history of the area and its diverse communities.

Tube: Ladbroke Grove (Hammersmith & City)  
Buses: 7, 23, 52, 70, 295, 302

Disabled access; please phone prior to arrival to ensure main entrance is staffed.

### **Inter Varsity Club (London)**

Garden Studios  
11-15 Betterton Street  
Covent Garden  
London  
WC2H 9BP

Tel: 020 7470 8715  
Fax: 020 836 0278  
E-mail: [admin@ivclondon.org.uk](mailto:admin@ivclondon.org.uk)  
[www.londonivc.com/](http://www.londonivc.com/)

Fees apply

Social and activities club for single or married professional people. Includes activities club covering social, cultural and sporting events with no political or religious bias.

Tube: Covent Garden (Piccadilly)  
Buses: 6, 9, 11, 13, 15, 23, 77A, 91, 176

### **Kensal Community Centre**

177 Kensal Road  
London W10 5BJ

Tel/ Fax: 020 8960 2637  
E-mail: [iwslondon@hotmail.com](mailto:iwslondon@hotmail.com)  
[www.kensalcommass.org/](http://www.kensalcommass.org/)

Mon-Sat – 10.00am-11.00pm  
Sun – 10.00 – 10.30pm

Membership fees: £5 for people under 60 and £1 for people over 60. Life Membership costs £50.

Social club providing free snacks, newspapers, television, darts, and other indoor games as well as many other activities such as Tai Chi. Membership is open to 'all good and responsible citizens'.

Tube: Westbourne Park (Hammersmith & City)  
Buses: 23, 28, 31, 328  
Some transport available, contact Ellen Zammitt.

**Kensington and Chelsea Women's Club**  
Postal address: Box 567, 28 Old Brompton  
Road, London SW7 3SS

Tel: 020 7863 7562 (meetings)  
E-mail: [info@kcwc.org.uk](mailto:info@kcwc.org.uk)  
<http://www.kcwc.org.uk/>

Fees payable

The Kensington Chelsea Women's Club (KCWC) is a non-profit, volunteer organization formed to foster friendship and interaction among women of all ages and nationalities living in London. KCWC offers its members a broad range of regular activities to suit all tastes and interests, such as Golf, Tennis, Bridge, Antiques, Art History, Book Clubs, Cooking, Local Travel, Walking Groups, New and Expectant Mums, Parenting, etc.  
All nationalities welcome

**Kensington Day Care Centre (KDC)**  
24-28 Convent Gardens  
London W11 1NJ

Tel: 020 7727 7337  
E-mail: [KDC@octaviahousing.org.uk](mailto:KDC@octaviahousing.org.uk)  
[www.octaviahousing.org.uk/](http://www.octaviahousing.org.uk/)

Monday to Friday : 9am - 5pm

wheelchair accessible

Kensington Day Centre provides a range of activities and support for frail older people over 60. Services available: transport to and from the Centre, weekly shopping trips, arts and crafts, day trips, parties, assisted bathing, hairdressing, quizzes, board games, etc. Daily three-course meal available.

Tube: Ladbroke Grove (Hammersmith & City)  
Buses: 7, 23, 52, 70

**Kensington Gardener's Club**  
Central Library Lecture Room  
Phillimore Walk  
London W8  
Postal address: Flat 1 (Basement), 35, Arundel  
Gardens, London W11 2LW

Tel: 07973 832 672  
07957 640816  
E-mail: [kensingtongardeners@googlemail.com](mailto:kensingtongardeners@googlemail.com)  
[www.kensingtongardeners.co.uk/](http://www.kensingtongardeners.co.uk/)

Meets six times a year on Saturday afternoons  
in the Central Library lecture theatre,  
Phillimore Walk. Doors open 2.00pm.

£7.50 per annum for a single person and  
£12 for a couple

A club arranging 6 talks yearly talks from well-respected gardening professionals, followed by English tea. Also arranges 4 annual coach trips and gardening competition.

Tube: High Street Kensington (District &  
Circle)  
Buses. 9, 9a, 10, 27, 28, 31, 49, 328, C1

### Lillie Road Fitness Centre

Lillie Road  
London SW6 7PH

Tel: 020 7381 2183 (reception)  
020 7610 3726 (memberships)  
Fax: 020 7386 7433  
E-mail: [lillieroad@gll.org](mailto:lillieroad@gll.org)  
[www.gll.org/](http://www.gll.org/)

Monday to Friday: 6.30am - 9.30pm  
Saturday and Sunday: 8.45am – 5.00pm

Personal training, fully equipped gym, aerobics, body pump, step, circuit training and salsa classes, yoga, karate, Kung Fu, shiatsu, Tai Chi, Tai Kwon Do, Tae Bo and mat-based Pilates, Beauty therapy, steam room, solarium, massage and relaxation, osteopathy sessions for the over 50s. Concession scheme (Lifestyle) for students, OAP's, UB40 holders etc, run by Education Department for London Borough of Hammersmith and Fulham residents. Contact a LBHF library for details.

Bus: 74

### London Ladies Club

Postal address:  
PO Box 3870  
London SW1W 8PY

Tel: 020 7730 4640  
Fax: 020 87856388  
E-mail: [membership@londonladies.co.uk](mailto:membership@londonladies.co.uk)  
[www.londonladies.co.uk/](http://www.londonladies.co.uk/)

Social and educational club. Weekly talks and courses/events.

Fees payable

Tube: Sloane Square (Circle & District)  
Buses: 11, 19, 22, 211, 137

Wheelchair accessible

### New Horizons Centre

Cadogan Street  
London SW3 2PF

Tel: 020 7590 8970  
E-mail: [cbeck@new-horizons-chelsea.org.uk](mailto:cbeck@new-horizons-chelsea.org.uk)  
[www.new-horizons-chelsea.org.uk/](http://www.new-horizons-chelsea.org.uk/)

Mon-Fri 9.30 - 4.00

Classes cost £1.25-£3.50 per session  
Depending on duration. Fees and classes  
subject to change.

New Horizons is a multi-activity centre for people over 50 supporting health and Well-being and encouraging fun and enjoyment. Activities include learning a new language, creative writing, art, singing, drama, line dancing, ballet, jazz, pilates, yoga, osteopathy, and Tai Chi. IT classes and supported drop in sessions are also offered as well as social groups, a bridge group and numerous health promotions.

Tube: Sloane Square (Circle & District)  
Buses: 19, 22, 137, 452, C1, 11, 211, 319, 360

A cafe provides nutritious snacks and lunch.



**Nursery Lane Social Club**

Nursery Lane (off Highlever Road)  
London  
W10 6QD

Tel: 020 8960 8033 (answer phone after 5pm)  
Contact: Sandra Isaacs (Community Officer)

9.00am - 5.30pm

£1 per month

Helps to maintain the independence of the elderly in the community. Provides activities and outings. Tabletop sales in the summer. Day trips.  
Bingo on Wednesdays from 7pm – 8.30 pm.

Tube: Ladbroke Grove or Latimer Road  
(Hammersmith and City)  
Buses: 316, 7, 70

**Open Age**

1 Thorpe Close (off Ladbroke Grove)  
London W10 5XL

Tel: 020 8964 1900 (Main Office)

Fax: 020 8964 0989

Email: [mail@openage.org.uk](mailto:mail@openage.org.uk)

[www.openage.org.uk/](http://www.openage.org.uk/)

Fees payable

Local charity providing low cost activities for older people. Men and women of all cultures and any age over 50 are welcome.

Services: Various creative and performing arts courses, language, IT and health and fitness classes, outings and discussion groups. Please phone the main office for an information pack and quarterly programme.

Tube: Ladbroke Grove or Latimer Road  
(Hammersmith and City)  
Buses: 7, 23, 70 & 52

**Parsons Green Sports and Social Club**

Broomhouse Lane  
Fulham  
London SW6 3DP

Tel: 020 7736 1401 (Bar)

020 7736 3698 (Office)

Contact: Mr Lesley Schwartz (Chairman)

E-mail: [parsonsgreenclub@gmail.com](mailto:parsonsgreenclub@gmail.com)

[www.parsonsgreenclub.com/](http://www.parsonsgreenclub.com/)

Opening hours: Mon-Sat 10.00am – 11.30pm  
Sun – 10.00am – 11.00pm

Fees payable

Offers a variety of sports e.g. Bowls, Squash, Lawn Croquet, Snooker, Tennis and Social Events.

Tube: Parsons Green  
Buses: C3, 28, 295, 424

### Pepper Pot Day Centre

1a Thorpe Close  
London W10 5XL

Tel: 0208 968 6940

Fax: 0208 968 3169

Email: [info@pepperpotdaycentre.co.uk](mailto:info@pepperpotdaycentre.co.uk)  
[www.pepperpotdaycentre.co.uk/](http://www.pepperpotdaycentre.co.uk/)

For relatively fit and mobile older people over 60 of the Afro-Caribbean community in the Royal Borough.

Afro-Caribbean lunch (£2.60), home meals service for older or frail, information, recreational activities, home visits, befriending service.

Tube: Ladbroke Grove (Hammersmith and City)

Buses: 7, 23, 52, 70, 295

Free transport service for disabled residents

### Reminiscence at Home Project

Kensington and Chelsea Community History  
Group Methodist Church Centre  
240 Lancaster Road  
London W11 4AH

Tel: 020 7792 2282

Fax: 020 7792 4426

Contact: Dave Welsh (Co-ordinator)  
E-mail: [dwelsh@historytalk.org](mailto:dwelsh@historytalk.org)  
[www.historytalk.org/remembrance.htm/](http://www.historytalk.org/remembrance.htm/)

Monday to Friday: 10.00am - 5.30pm

Trained volunteers share reminiscence sessions with elderly housebound people and produce "Memories Shared", the newsletter of the scheme as well as individual life stories.

Tube: Ladbroke Grove (Hammersmith & City)

Buses: 7, 23, 52, 70, 295, 302

### Response Community Projects: Yoga Sessions

300 Old Brompton Road  
London SW5 9JF  
(opposite Brompton cemetery)

Tel: 020 7370 4606

Fax: 0207 370 3918

Contact: Linda Ogbuehi  
E-mail: [info@responseprojects.org.uk](mailto:info@responseprojects.org.uk)  
[www.responseprojects.org.uk/](http://www.responseprojects.org.uk/)

Seated Yoga: Wednesday 11.00am - 12noon (£1)

Mind @ Body (Tai Chi-Yoga-Pilate mix): Friday 11.00am - 12.00noon (£1)

Tai-chi: Tuesday 2.00 - 4.00 pm at Sybil Thorndike House Kramer Mews 5 minutes from Response (£2)

IT For Beginners: Monday 10.30 – 12.30

Tube: Earls Court (District, Piccadilly), West Brompton (District)

Buses: C1, C3, 328, 74

### Retired and Senior Volunteer Programme

237 Pentonville Road  
London  
N1 9NJ

Tel: 020 7643 1385

E-mail: [rsvpinfo@csv.org.uk](mailto:rsvpinfo@csv.org.uk)  
[www.csv-rsvp.org.uk/](http://www.csv-rsvp.org.uk/)

Monday - Friday: 9.00am - 5.00pm

Using the skills of older people in the local community. RSVP aims to encourage anyone of fifty-plus to participate in volunteering, to recognise the skills of older people and to provide group commitment and support.

Participants can help out in local schools, befriend someone who is housebound, or help to improve the local environment, amongst other activities. Company No: 1435877 Registered Charity: 291222

Tube: Kings Cross (Victoria, Northern, Piccadilly, Circle, Metropolitan, Hammersmith and City)

**Royal British Legion Club Fulham Ltd**

247-249 New King's Road  
London SW6 4XG

Tel: 020 7736 1856  
Contact: Sharon Langton (Secretary)

Club for servicewomen, ex-servicemen and ex-servicewomen and associates who support the British Legion.

Buses: 22, 11, 31, 211

**Salvation Army  
Notting Hill Corps**

205 Portobello Road  
London W11 1LU

Tel: 020 7727 5178  
Fax: 020 7727 5178  
E-mail: [notting.hill@salvationarmy.org.uk](mailto:notting.hill@salvationarmy.org.uk)  
[www1.salvationarmy.org.uk/nottinghill/](http://www1.salvationarmy.org.uk/nottinghill/)

Contact: Paul Scott

Please call for details.

**Sixty Plus**

1 Thorpe Close (off Ladbroke Grove)  
London W10 5XL

Now incorporated into Kensington & Chelsea Age Concern. (See separate entry). Address as above.

**Spanish Memories Group**

'HISTORYtalk' (K&C Community History Group)  
Methodist Church Centre  
240 Lancaster Road  
London W11 4AH

Tel: 020 7792 2282  
Contact: Lala Isla  
Email: [info@historytalk.org](mailto:info@historytalk.org)  
[www.historytalk.org/](http://www.historytalk.org/)

Friday: 1.30 - 3.30pm Cada de 2 a 4pm

Informal Spanish reminiscences group.

Older people share memories of Spain and Spanish culture. Intergenerational projects with schools.

Tube: Ladbroke Grove (Hammersmith & City)

Buses: 7, 23, 52, 70, 295

### **The 1957 Society**

Tel: 020 7586 1288

Contact: Michael Spiro  
(Membership Secretary)

E-mail: [ask@the1957society.org.uk](mailto:ask@the1957society.org.uk)  
[www.the1957society.org.uk/](http://www.the1957society.org.uk/)

A social group for professional people aged over fifty, offering a range of activities such as the theatre, cinema, concerts, meals out and gallery visits. All activities are organised by the members. Potential members should attend two events before joining. Members are expected to organise at least one event per year.

One off payment of £5, plus £24 per year for singles and £35 for couples.

### **The University of the Third Age In London**

Hampstead Town Hall  
213 Haverstock Hill  
London NW3 4QP

Tel: 020 7692 5440

E-mail: [u3alondon@googlemail.com](mailto:u3alondon@googlemail.com)  
[www.u3alondon.org.uk/](http://www.u3alondon.org.uk/)

Self-help organisation for education and leisure activities for older people. Education courses, general lectures, entertainments and social events. Talks and outings are arranged during the summer holiday.

Tube: Belsize Park

### **U3A in West London – Hammersmith & Fulham**

St. Marys Church Hall  
2 Edith Road  
W14 9BA

Chair: 020 8743 2561

Membership Secretary: 020 8789 5183

E-mail: [website@u3a.org.uk](mailto:website@u3a.org.uk)  
<http://www.u3a.org.uk/>

Anyone in the Third Age, retired or working part time can join. There is no age limit. Regular meetings with speakers on topics of general interest; special interest groups developed by members; affiliation to the Third Age Trust and U3A national organisation; links to national networks of enthusiasts, a resources library, National and international opportunities for travel and exploration.

### Walking in the parks

Tel: 020 7938 8179  
Contact: Ross Klinefelter  
E-mail: [ross.klinefelter@rbkc.gov.uk](mailto:ross.klinefelter@rbkc.gov.uk)

Walking programmes for 50+ co-ordinated by Leisure Services. Health Walks for all fitness levels Mon 10.30-11.30 Canal (free), Tues Battersea Park (free) and Thurs 10.30-11.30am in Holland Park (free). Fitness Walks structured classes for regular walkers, Mon Weds 12.30 - 1.15pm in Holland Park £2 per person.

### West London Bowling Club

112a Highlever Road  
London W10 6PL

Tel: 020 8969 1929  
Contact: The Steward

Fees chargeable.

Offers beginners coaching.

Tube: Ladbroke Grove (Hammersmith & City)

The information, at the time of publication, is to the best of our knowledge correct.  
This list has been produced by Reference & Information Services for the use of residents in the Royal Borough, and in no way does the Council recommend or take responsibility for the organisations listed in this publication.